

# Pumpkin Maple Granola

**Serves 11 (1/2 cup serving size)**

## Ingredients:

- 3 cups rolled oats
- 1 cup raw chopped pecans
- 1/3 cup raw pepitas (pumpkin seeds)
- 3/4 tsp pumpkin pie spice
- Dash of cinnamon
- 2 T maple syrup
- 1 T of oil of choice (grapeseed oil, canola oil, or coconut oil would work well with flavors)
- 2 T of unsweetened applesauce
- 1/3 cup pumpkin puree



## Directions:

1. Preheat oven to 340\* F.
2. Mix the oats, nuts, seeds, and spices in a large bowl.
3. In a small saucepan over medium-low heat, warm the maple syrup, oil, applesauce and pumpkin puree and whisk. Pour over the dry ingredients and quickly mix with a wooden spoon.
4. Spread the mixture evenly onto two baking sheets (or 1 large baking sheet) and bake for 23-33 minutes, stirring a bit near the halfway point. If you prefer chunkier granola, don't stir as it breaks up the clusters. Instead, just rotate the pans at the halfway point to ensure even cooking.
5. Once the granola is golden brown (usually about 25 minutes), remove from oven and let cool completely. It will crisp up as it cools.
6. Transfer to an airtight container. Should keep for a couple weeks. Enjoy with milk, Greek yogurt, or on top of oats, smoothies, etc. The possibilities are endless!

Nutrition facts for 1 serving (1/2 cup) + 1 cup of plain fat-free Greek yogurt + 1/2 cup blueberries (fresh or frozen): 374 calories, 13 grams of fat, 3 grams of saturated fat, 0 grams of cholesterol, 89 grams of sodium, 57 grams of potassium, 38 grams of carbohydrates (~ 2 1/2 servings of carbohydrate), 6 grams of fiber, 28 grams of protein